

CCHC LESSON PLAN FOR HEALTH ISSUE TRAININGS/CLOCK HOURS

Presentation Title: Safe Sleep 2.0

Submitted by (LPHA name or DHSS): CCHC Program

Date submitted: April 12, 2018

Learning Objective(s):

Participants will:

- Define SIDS/SUIDS
- Identify behaviors that increase the risk of SIDS/SUIDS
- Discuss common myths about SIDS/SUIDS
- Be familiar with helpful resources

Presentation Outline:

PART I:

- “Unsafe” Crib Opening Exercise (optional) [Participant “game” to try to find all the unsafe practices in a crib – done before class begins]
- Healthy Child Care America Back to Sleep Campaign
 - Do you know anyone?
 - Objectives
 - SIDS facts exercise
- What is SIDS?
 - SIDS and Child Care
 - Unaccustomed Tummy Sleeping
 - SIDS Facts

PART II:

- Reducing the Risks Exercise
- Modifying Risks
 - Babies at Risk
 - SIDS and sleep position
 - Triple Risk Model
 - Common Beliefs/Misconceptions – Tummy sleeping
 - Caring for Our Children – National Standard
- Stretch Break (Completion of “unsafe crib” game if necessary during break)
- Implementing SIDS Risk Reduction
 - Tummy to Play; Back to Sleep
 - Use safe sleep practices
 - Provide a safe sleep environment
- Answers to “Unsafe Crib Game”

PART III:

- Benefits of a Safe Sleep Policy
- Elements of a Safe Sleep Policy
- Alternate Sleep Position?
- Handling Parent’s Concerns
- Handling a Medical Emergency (optional)
 - If a Baby Dies (optional)
- Practice Scenarios (3 – 4)
- Evaluation form as indicated

Resources used (power point, video, props):

- HCCA Safe Sleep PPT from AAP (https://www.aap.org/en-us/_layouts/15/WopiFrame.aspx?sourcedoc=/en-us/Documents/SafeSleepSpeaker%27sKit.pptx&action=default)

Clock Hour Trainings are developed utilizing best practice references such as the “Kansas and Missouri Core Competencies for Early Childhood and Youth Professionals” (Content Area V: Health and Safety), and the National Health and Safety Performance Standards, “Caring for Our Children.” Consultants developing new lessons for clock hour trainings should use this template and submit to the CCHC Program Manager for approval. Clock Hour Trainings already approved by the CCHC Program Manager and the MO Workshop Calendar are approved for use by any contracting LPHA. Approved lesson plans are reviewed by the CCHC Program Manager at a minimum of every three years, and are therefore considered approved if in circulation until otherwise instructed by the CCHC Program Manager.